

# STAGES OF CHANGE MODEL

STAGE	GOAL	INTERVENTION	FOCUS
<b>Precontemplation</b> (Engagement)	<b>Shift in Focus</b> <ul style="list-style-type: none"> <li>Assessment</li> <li>Consciousness Raising</li> <li>Increase Hope</li> <li>Develop Ambivalence</li> </ul>	<ul style="list-style-type: none"> <li>Assessment Tools</li> <li>Education Groups</li> <li>Social Alternatives</li> <li>Typical Day</li> <li>Exercise</li> </ul>	<ul style="list-style-type: none"> <li>Thought</li> <li>Insight</li> </ul>
<b>Contemplation</b> (Persuasion)	<b>Shift in Perception</b> <ul style="list-style-type: none"> <li>Increase Ambivalence</li> <li>Insight</li> <li>Decision Making</li> </ul>	<ul style="list-style-type: none"> <li>Pros &amp; Cons List</li> <li>Role Playing</li> <li>Value Clarification</li> <li>Decision Making</li> <li>Ambivalence Group</li> <li>Exercise</li> </ul>	<ul style="list-style-type: none"> <li>Thought</li> <li>Insight</li> </ul>
<b>Preparation</b> (Persuasion)	<b>Shift in Behavior</b> <ul style="list-style-type: none"> <li>Commitment Practice</li> <li>New Behavior</li> </ul>	<ul style="list-style-type: none"> <li>Skill Development</li> <li>Image Enhancement</li> <li>Confidence Building</li> <li>Action Plan</li> <li>Social Alternatives</li> <li>Exercise</li> </ul>	<ul style="list-style-type: none"> <li>Behavior</li> <li>Lifestyle</li> </ul>
<b>Action</b> (Active Treatment)	<b>Change in Behavior</b> <ul style="list-style-type: none"> <li>Modify Lifestyle</li> <li>Abstinence</li> </ul>	<ul style="list-style-type: none"> <li>Rewards</li> <li>Relaxation Techniques</li> <li>Assertiveness Training</li> <li>Hobbies</li> <li>Social Alternatives</li> <li>Exercise</li> </ul>	<ul style="list-style-type: none"> <li>Behavior</li> <li>Lifestyle</li> </ul>
<b>Maintenance</b> (Relapse Prevention)	<b>Maintain New Behavior</b> <ul style="list-style-type: none"> <li>Continue Integration and Utilization of New Coping Skills</li> <li>Abstinence</li> </ul>	<ul style="list-style-type: none"> <li>Rewards</li> <li>Support</li> <li>Relapse Prevention</li> <li>Hobbies</li> <li>Skill Development</li> <li>Social Alternatives</li> <li>Exercise</li> </ul>	<ul style="list-style-type: none"> <li>Behavior</li> <li>Lifestyle</li> </ul>